## **ABSTRACT OF THE DISCLOSURE**

A sizing formulation and method of making a sizing formulation for fiberglass reinforcement rovings used in phenolic pultrusion are provided. The sizing formulation includes 1 - 7% of a film forming polymer, 0.3 - 3.5% of a silane coupling agent, 0.5 - 3.0% of a nonionic lubricant, and 0.2 - 3.5% of a cationic lubricant. Optionally, the sizing composition contains up to 3 % of a waterborne urethane solution. The sizing composition is highly compatible with phenolic resins used in pultrusion processes and promotes an improved interface and increased compatibility between the individual fibers and the matrix resin. This increased interface results in better mechanical properties so that a fiber reinforced phenolic resin composite part having superior performance characteristics can be formed.